

Stay on two feet, or else

By TSgt Steven Monnin
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Don't let your summer be ruined by a sports injury. The most common injuries are to the knee.

You often hear of professional athletes "blowing out their knees." You don't have to be a professional athlete to fall victim. Each year, Malmstrom has hundreds of knee injuries. From minor injuries that heal with rest and time to serious ones that take surgery to correct, Malmstrom families are falling victim to a most often preventable mishap.

Several aspects of sports injury prevention can be applied to any muscle group or joint in the body.

There's no way of avoiding every injury, especially if you are quite active. I'm recovering from surgery five months ago to repair my meniscus and replace my ACL. Good as new? Nope. I wish I had my old knee back.

There are several ways the knee can be injured. Most commonly, it's strained or dislocated when the foot is planted on the ground and a blow to the knee or sudden change in direction causes the knee to move out of its normal range of motion. Two



common knee injuries are meniscus tears, and torn Anterior Cruciate Ligaments, or ACL. Without going into deep medical terms, the meniscus and ACL are two important parts of the knee that help control stability.

The most critical aspect of prevention is conditioning. Several exercises strengthen the muscles around the knee and help the knee maintain stability during movement.

With any exercise program, continuous work is necessary for maximum results, so don't expect results overnight. Leg raises, lunges, squats and even bicycle riding help strengthen muscle groups that aid in knee stability.

Unfortunately unlike muscle and bone injuries though, ligament tears do not heal themselves. Some tears are minor enough that through physical therapy normal activities can be resumed.

Depending on the severity of the tear though, and the degree of the person's physical activity, the only option to correct the damage is through surgery.

When an injury occurs, people should take several steps to prevent further damage and aid in healing. When pain is felt, stop the activity altogether. Raise the knee and ice it, to reduce swelling. Seek medical attention as soon as possible. Most often the injury will heal itself with rest and time.

Sports shorts

Fitness and sports center
731-3621

ATWIND Events

Monday - aerobics

Tuesday - Fitness Center Day

June 30: A racquetball tournament is at 10 a.m. The event is a single elimination singles tournament. It's open to everyone.

July 4: The 3K Fun Run is at 10 a.m. Participants earn an ATWIND game piece.

Outdoor recreation

731-3263

Holiday Family Float

The Holiday family float begins at 9:30 a.m. Wednesday at outdoor recreation. Cost of float and barbecue is \$14 for adults and \$10 for youths (ages 15 and under). Participants will return around 3 p.m. for the barbecue. Transportation and lunch provided. Adults must accompany youths.

Wavemaster Float Tubes

Wavemaster float tubes are available for rent at outdoor recreation. Each tube is packed in its own backpack and includes a foot pump for quick and easy inflation.

Being a parent is tough

It happens a lot.

Conversations with your son or daughter escalate into full-blown confrontations before you know it.

Boys Town may not have all the answers, but we know how to start the healing process. Talk to us.

The Boys Town National Hotline is ready to help 24 hours a day, with insight, suggestions, and hope.

Call us at 1-800-448-3000.

We're good listeners, too.



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